

# Alena

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: Alena - Claydee



Tag : 4 counts after wall 8 (facing 12.00)

## Step Forward R, 1/4 Turn R, Side L, Sailor R With 1/4 Turn R, Step Forward L, 1/4 Turn L, Side R, Sailor L With 1/2 Turn L

1-2            Rf step forward, make 1/4 turn right stepping Lf left (3.00)  
3&4           Rf cross behind Lf making 1/4 turn right (6.00), Lf step slightly side (&), Rf step forward  
5-6           Lf step forward, make 1/4 turn left stepping Rf right (3.00)  
7&8           Lf cross behind Rf making 1/2 turn left (9.00), Rf step slightly side (&), Lf cross in front of Rf

## Side R With Touch Behind, Hold, Samba Basic L/R, Extended Cross Shuffle With 3/4 Turn L

&1-2           Rf step right (&), Lf touch behind Rf while looking right, hold (optional a pose)  
3&4           Lf step left, Rf cross rock behind Lf (&), recover onto Lf  
5&6           Rf step right, Lf cross rock behind Rf (&), recover onto Rf  
7&8           make 1/4 turn left stepping Lf forward(6.00), step behind on ball of Rf(&), make 1/4 left stepping Lf forward(3.00)  
&1            step behind on ball of Lf(&), make 1/4 turn left crossing Rf in front Lf (12.00)

## Touch Side, Touch Together, Side R, Weave With Sweep, 1/2 Diamond

2&3           Rf touch right, Rf touch next to Lf(&), Rf step right  
4&5           Lf cross behind Rf, Rf step right(&), Lf cross in front of Rf sweeping Rf from back to front  
6&7           Rf cross in front of Lf , Lf step left(&), make 1/8 turn right stepping back on Rf (1.30)  
8&1           Lf step back, make 1/8 turn right stepping Rf right(&) (3.00), make 1/4 turn right stepping Lf forward(6.00)

## Out/Out, Shuffle R With 1/4 Turn R, Syncopated 1/2 Turn R, Forward R, Step Together

2-3           Rf step out, Lf step out  
4&5           Rf step right, Lf step together(&), make 1/4 turn right stepping Rf forward(9.00)  
6&7           Lf step forward, make 1/2 turn right stepping Rf forward(&) (3.00), Lf step forward  
8&           Rf step forward, Lf step together (&)

## Tag : after wall 8 a 4 count tag appears

1-2-3-4       Rf touch toes forward and tap heel 4X

(N.B. as you tap your heel you can have different optional arm movements, please check videos for different styles)